

Reconditioning Push-up/Sit-up Progression

	Push Up	Sit Up
Level I	NONE	Hiss/ Compress: 3 sets of 5 reps
Level II	Upper back exercise on hands and knees: 3 sets of 5-10 arm lifts Upper back stretch: 2 times, hold 15 – 30 seconds	Hiss/compress: 3 sets of 10 Head lifts: 3 sets of 5 <i>Check for diastases and splint if present.</i>
Level III	Upper back exercise on stomach: 3 sets of 5-10. Upper back stretch: 3 times, hold 15 – 30 seconds	Hiss/compress: 3 sets of 10 Head lifts: 3 sets of 10 Curl-ups with hands over chest: 3 sets of 5 <i>Splint as needed for diastases.</i>
Level IV	Pushups: 3 sets of 5 on knees. <i>Keep abdomen compressed.</i>	Hiss/compress: 3 sets of 10 Curl ups with hands crossed over chest: 3 sets of 10 IF NO DIASTASES PRESENT Curl-ups with hands behind head: 3 sets of 5 Oblique curl-ups: 3 sets of 3
Level V	Pushups: 3 sets of 5 Do as many as can regulation with remainder on knees.	Hiss/compress: 3 sets of 10 IF NO DIASTASES PRESENT Curl-ups with hands behind head: 3 sets of 10 Oblique curl-ups: 3 sets of 5 Army sit-up: 3 sets of 3
Level VI	Pushups: 3 sets of 10 Do as many as can regulation with remainder on knees.	Hiss/compress: 3 sets of 10 Curl-ups with hands behind head: 3 sets of 10. Oblique curl-ups: 3 sets of 10 Army sit-ups: 3 sets of 5

- This guide DOES NOT replace the At-Home Postpartum Exercise Schedule. It is only additional guidance to help Soldiers progress on these specific APFT requirements.
- Begin at Level I no matter when you start.
- Spend at least one week at each level, progress at YOUR own pace, but don't skip levels.
- Perform the activities every other day, regardless of level.
- Abdominal muscles should be kept compressed and be able to maintain a flat low back for all exercises before progressing to the next level.

Sample Progressions for Improvement

The following sample sit-up and push-up progressions are for postpartum Soldiers between the ages of 17-26 that have had normal, healthy pregnancies and deliveries. They provide a progression for goals of either to pass or max the APFT within 6 months (AR policy) or 4 months (deployable date). The assumption is that the Soldier used the above sit-up and push-up reconditioning strategies during her convalescent leave and can do a minimum of 15 sit-ups and 5 push-ups. The following progressions are to be used as a guide to help the Soldier meet her chosen goal. Remember that Soldiers progress differently depending upon multiple factors, such as exercise history, current fitness level, amount of weight gained, motivation, and prior injury, etc.

Sit-up Progression

AGE	17-21	17-21	17-21	17-21	22-26	22-26	22-26	22-26
GOAL	PASS	MAX	PASS	MAX	PASS	MAX	PASS	MAX
TIME	6 mths	6 mths	4 mths	4 mths	6 mths	6 mths	4 mths	4 mths
Wk 6	15	15	15	15	15	15	15	15
Wk 7	17	17	18	21	16	18	18	21
Wk 8	19	19	22	27	18	21	21	27
Wk 9	21	22	26	33	20	24	24	33
Wk 10	23	25	30	39	22	27	28	39
Wk 11	25	28	34	45	24	30	32	45
Wk 12	27	31	37	51	26	34	36	52
Wk 13	29	35	41	57	28	38	40	59
Wk 14	31	38	45	64	30	42	44	66
Wk 15	33	44	49	71	32	46	47	73
Wk 16	35	48	53	78	34	48	50	80
Wk 17	37	50			36	52		
Wk 18	39	54			38	56		
Wk 19	41	58			40	60		
Wk 20	43	62			42	64		
Wk 21	45	66			44	68		
Wk 22	47	70			46	72		
Wk 23	50	74			48	76		
Wk 24	53	78			50	80		

Push-up Progression *

AGE	17-21	17-21	17-21	17-21	22-26	22-26	22-26	22-26
GOAL	PASS	MAX	PASS	MAX	PASS	MAX	PASS	MAX
TIME	6 mths	6 mths	4 mths	4 mths	6 mths	6 mths	4 mths	4 mths
Wk 6	5/2	5/5	5/3	5/3	5/2	5/5	5/3	5/5
Wk 7	5/3	7/3	6/2	8/4	5/3	7/3	6/2	8/4
Wk 8	6/2	9/3	7/2	12/4	6/2	9/2	7/2	12/4
Wk 9	6/3	11/3	9/2	16/4	6/3	11/2	9/2	16/4
Wk 10	7/2	13/3	11/2	20/4	7/2	13/2	10/2	20/4
Wk 11	8/2	15/3	13/2	24/4	7/3	15/2	11/2	25/5
Wk 12	8/3	17/3	15/2	28/4	8/2	17/2	12/2	30/4
Wk 13	9/2	19/3	16/2	32/4	8/3	19/2	14/2	34/4
Wk 14	10/1	21/3	17/2	34/4	9/2	21/2	15/2	38/4
Wk 15	10/2	23/3	18/2	38/4	10/2	23/2	16/2	42/4
Wk 16	11/1	25/3	19	42	10/3	25/3	17	46
Wk 17	12/2	28/2			11/2	28/3		
Wk 18	13/1	30/2			12/2	31/3		
Wk 19	14/2	32/2			12/3	34/3		
Wk 20	15/1	34/2			13/2	37/3		
Wk 21	16/2	36/2			14/2	40/2		
Wk 22	17/1	38/2			15/2	42/2		
Wk 23	18/2	40/2			16/2	44/2		
Wk 24	19	42			17	46		

*First number is Army regulation push-up / second number is push-up from the knees